



JANUARY

January

Monthly Dining
Newsletter



Leadership Letter

December was a great month, filled with holiday festivities and moments of joy. We hosted our monthly Superfood Contest, featuring creative dishes made with eggs. This month's winners were our servers Chin, Monique, and Cheryl, who impressed with their fried eggnog ice cream. In addition, we held a Christmas party and poker run, followed by a festive Christmas Brunch where we were delighted to welcome many wonderful families. We closed out the year with a pajama-themed dinner celebration on New Year's Eve.

Brian Keberlein
Director of Dining Services

BE THE BEST PART OF SOMEONE'S DAY.

We Heard You!

- ❖ We created a special menu featuring upscale breakfast items for our New Year's Eve dinner, and a colorful dining room set up, complementing the pajama party theme. The evening concluded with a viewing of the movie *Pajama Game*.
- ❖ We also offered a special menu on New Year's Day for those who preferred a more elegant dining experience, featuring selections such as surf and turf and chicken roulade.



Trainings

- ❖ Workplace Violence: Workplace Violence can occur at any time and in any of our locations. The safety of our team members, clients, and guests is one of our most important priorities. To create a safe environment, we must be aware of and understand Workplace Violence and the actions that can prevent its occurrence.
- ❖ Signs of Escalation
- ❖ De-escalation is the cornerstone of crisis resolution.

Supply Chain News

Beef - Ground beef is softening but still elevated, while boxed beef remains firm through the holidays.

Pork - prices are seasonally lower but expected to stabilize as holiday buying increases.

Chicken - Chicken prices are steady as ample supply and soft demand balance the market.

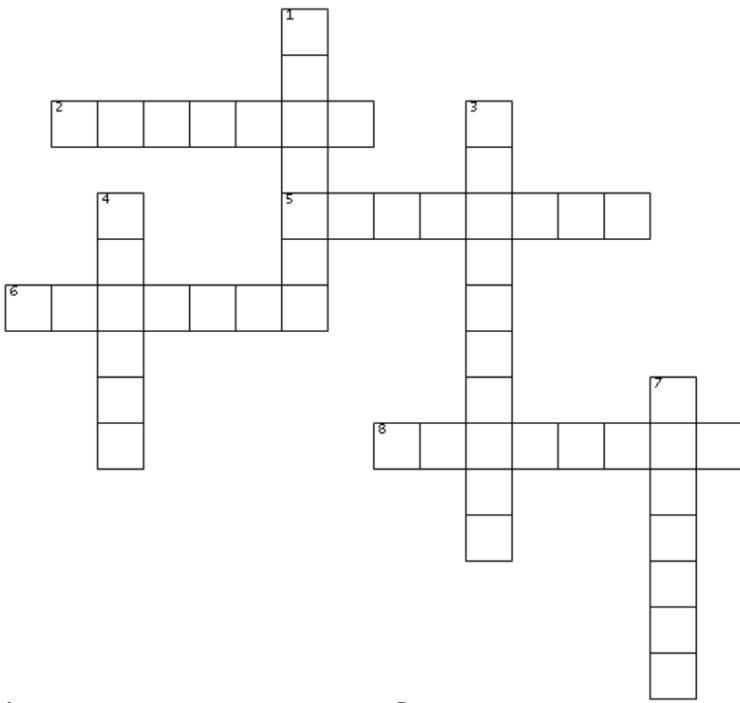
Oil - Soybean/canola oil is slightly lower but may rise, and EVOO remains high on crop concerns.

Seafood - Seafood remains expensive due to tariffs, high input costs, and tight supply.



Duet Diversions

CrissCross: Snack Foods



Across

- 2. What Jolly Time, Orville Redenbacher and Act II are known for.
- 5. Snack for the mountains (2 words).
- 6. Nutrient dense nuts that when slivered, are the star of a green bean dish.
- 8. Oyster, Animal and Graham, to name a few

Down

- 1. American branded flavored potato chips.
- 3. Chewy candies that have a gooey center and various flavors such as: Strawberry Cheesecake, Buttered Popcorn and Tutti-frutti (2 words).
- 4. Commonly served with pita and hummus.
- 7. Bavarian pastry that is commonly shaped into a knot.

Last Months Happenings

Events

- Superfood Contest: Eggs 12/12
- Casey's Christmas Party 12/19
- Christmas Brunch 12/25

What's Coming Up

Events Ahead

- Elvis Movie and Snack 01/08
- Superfood Contest: Oats 01/09
- National Granola Bar Day 01/21
- Blueberry Pancake Day 01/28

Upcoming Holidays

- Martin Luther King, Jr. Day 01/19
- Valentine's Day 02/14



Operations Highlight

Operations Update

- A significant number of our culinary staff requested time off during December and January. We are managing operations as effectively as possible with the current staffing levels.
- Weather conditions may occasionally impact our food delivery schedule. We appreciate your patience and understanding.

Culinary Update

- We made slight adjustments to our Always Available menu and will be holding a Menu Committee meeting in January to gather resident input and feedback.



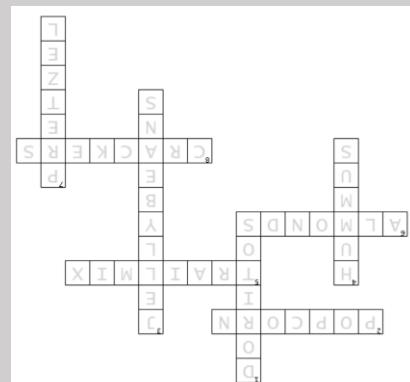
Meet the Team!

Where are you from?: Peru
What is your favorite food?: Hamburgers
Why do you enjoy working here?: It is a
calm and peaceful workplace with a
positive environment and friendly
coworkers.



Antonio Barreto

CrissCross Answers



A Balanced Approach: Physical Activity, Nourishment, and Mental Wellness to Support a Healthy Life

Physical Activity

“Use it or lose it.” This statement rings true for every muscle in our bodies – including our hearts. Physical activity is great for improving strength, balance and stamina. Anything that gets you moving without injury is a step toward improving your health!



Cardio:
chair volleyball, pickleball, walking, swimming, water aerobics



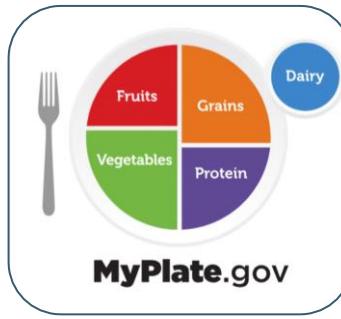
Balance:
chair yoga, sideways walking



Strength:
lifting weights, resistance bands

Nourishment

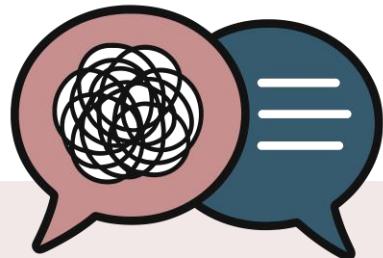
Variety is the spice of life, and a balanced diet is key to keeping healthy. Choose foods with fiber (whole grains, fruits, veggies), calcium, and protein, and drink enough water. Limit foods with saturated fats (butter, red meat, full-fat dairy), sodium, and added sugars – but allow yourself to enjoy a burger or piece of cake on special occasions! Visit [MyPlate.gov](https://www.myplate.gov) for more details.



Mental Health

Mental health is more than anxiety and talking about your feelings – it also includes emotional health, cognition, stress, and socialization.

Learning to cope with stress can have a major impact on physical health, sleep, and mental well-being. Common strategies include journaling, spending time outdoors, and meditating. Keeping your mind engaged can help relieve stress and maintain cognitive health. Try brain-stimulating activities like engaging in the arts, solving puzzles, and socializing.



Is talk therapy right for me?

Aging brings many changes—retirement, health issues, loss of loved ones, and loneliness—all of which can cause stress. Talk therapy can help in managing these stresses and develop a new outlook on life. Benefits include better physical and mental health, learning to seek help, envisioning your future, receiving general support and validation, and fostering self-discovery. Therapy ensures you don't face these changes alone and connects you with a professional who can teach effective ways to handle the challenges and joys of daily life.

To find a therapist, visit [psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists) or locator.apa.org.

What if I have mobility issues?

Like non-wheelchair users, vary your exercise throughout the week. Many modifications are available!



Cardio

Wheelchair

propulsions: Find a safe location and propel your wheelchair at a moderate pace for a set duration.



Balance

Seated trunk

rotations: Sit up straight and engage your core. Twist only your upper body to one side. Hold for a few seconds and rotate to the other side. Repeat 10-15 times per side.

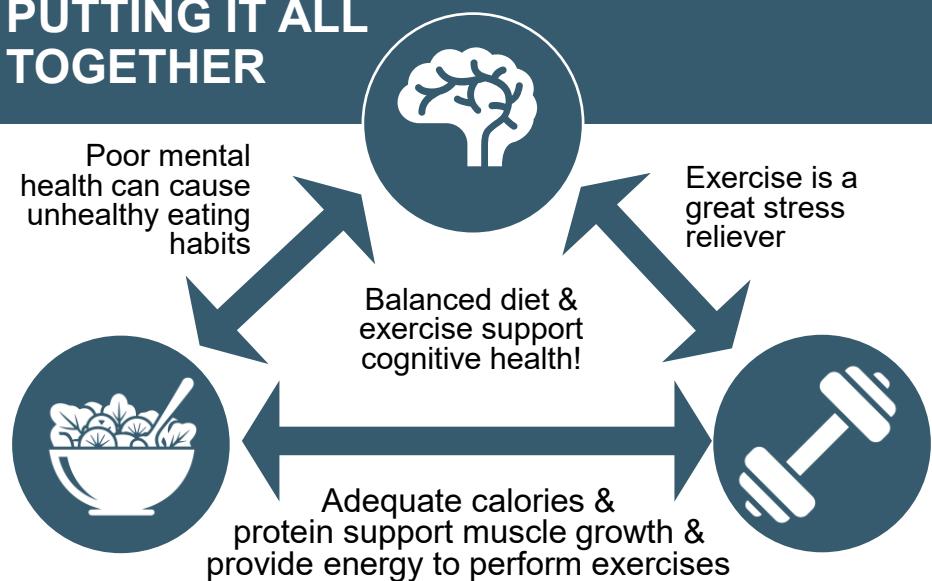


Strength

Seated leg

raises: Sit up straight and engage your core. Slowly raise one leg as high as you can and hold for 5-10 seconds. Lower and repeat with the other leg. Repeat 10-15 times per side.

PUTTING IT ALL TOGETHER



How does this fit into my life?

Start by knowing where you are.

- How are your stress levels?
- How many days a week are you exercising?
- What does your typical diet consist of?

Knowing these answers gives you a starting point and helps direct your plan moving forward. Find simple changes that you can stick to. Make small goals and action plans to see big changes.

Examples

1. **Include balance exercises** in your daily routine to reduce your risk of falls. Join neighbors in a chair yoga class each week. *Benefits: improved balance, strength, socialization and stress relief*
2. **Curb your cravings by journaling!** When you feel stressed, monitor your reaction and behaviors. *Benefits: better choices and stress relief*
3. **Set up an audiobook subscription** on your phone so you can walk and listen to books or music at the same time. *Benefits: increased cardiovascular activity, improved cognitive health, and stress relief*

References:

- <https://www.cdc.gov/mental-health/about/index.html>
- <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
- <https://www.cdc.gov/mental-health/living-with/index.html>
- <https://eastlakealp.com/10-safe-and-effective-exercises-for-senior-wheelchair-users/>
- <https://www.maplewoodseniorliving.com/blog/benefits-of-talk-therapy-for-seniors/>
- <https://www.nia.nih.gov/health/brain-health/cognitive-health-and-older-adults>